

Healthy Island Youth Initiative (HIYI) Physical Activity Scholarship



Island County
Public Health

Purpose of the Scholarship

To help cover the cost of registration fees, equipment and/or other expenses so that children and youth in Island County can participate in organized physical activities.



Thus far in 2015,

- 55 HIYI scholarships were awarded totaling \$5148
- Scholarships awarded ranged from \$25 to \$150

Why a Scholarship

Children and adolescents should do 60 minutes or more of physical activity each day.



In 2012 only 28% of Island County 6th graders and 17% of 12th graders were physically active for 60 minutes a day.¹



Island County has a higher youth obesity rate than Washington State.¹



2,390 children and youth in Island County live in poverty.²



Most organized physical activities such as swim lessons, recreation leagues and school sports charge a fee to participate.



Many kids in Island County have the desire to participate in organized sports and recreation activities, they just lack the financial means to do so.



1. WADOH. (2013). *Healthy Youth Survey 2012, Report of Results*. Olympia:

2. SAIPE. (2013). *Children in Poverty. County Health Rankings & Roadmaps* Retrieved July 17, 2013. <http://www.countyhealthrankings.org/>

HIYI Scholarship

Notes from Scholarship Recipient

Dear Island County HIYI

I would like to send gratitude and recognition for your services helping youths like me participate in school sports. Throughout my life and high school career I have been faced with low income and a separated family. This however does not stop my love and passion for school sports. All my life I've always enjoyed sports and I play more than just one! I've played every sport my school has to offer and I have to say, I've had a blast. None of it would have been possible without your help for students like me. Normally during a school year I am involved in two activities at a time, two during fall and again in spring, a total of at least 4 activities a year. Whether that be drama or science olympiad, tennis or soccer.

The thing is, I just can't afford to be apart of all the activities I love and be able to purchase, if need be, supplies for said sports. Your money helps me be a part of these activities and also increases the awareness of Coupeville for I am a highly renowned athlete. Every sport I go into they say I "pick it up quickly", like I've been playing for years. The reason for my success is not that I use sports to keep me busy, it's that I value sports as a passion and don't take them for granted. In various sports and activities, I have gone farther than the average contestant and help put Coupeville on the map. The point is, the best athletes are not always those who are set and ready to go financially, neither are the students. Sometimes they are the ones who struggle outside of sports and need the help you offer to be able to shine. You provide that opportunity. From all those you help, I want to say thank you and to show just how much of an impact your money really has on students like me.

Sincerely,
Thankful High School Athlete



Benefits of physical activity for youth and children

- Builds and maintain healthy, bones and muscles
- Develops a healthy heart
- Assists in social development, building self-confidence, and social skills
- Reduces the risk of becoming overweight
- Reduces the risk of developing type 2 diabetes
- Helps youth adopt other healthy behaviors (avoiding tobacco, alcohol and other drugs)
- Reduces feelings of depression and anxiety
- Builds self- confidence³



Thank You south whidbey Parks and Recreation
for making it possible for me to attend the Youth Sailing
Camp. Without Your Scholarship I could not have gone.
My favorite thing was almost capsizing, it was scary
but fun!!! I am going to TRY to save up some
money so that I can go Next Year.
THANK YOU!!!